



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09038, Avocados, raw, California

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 6 7	g	72.33	33	2.170	64.4	83.7	6.0	67.016	77.634	7	Analytical or derived from analytical	--	03/2003
Energy	kcal	167	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	697	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2 3 4	g	1.96	30	0.158	1.53	3	3.0	1.454	2.461	4	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 1 2 3 4 5	g	15.41	31	0.630	8.4	23.2	4.0	13.664	17.162	5	Analytical or derived from analytical	--	03/2003
Ash 1 2 3 4	g	1.66	30	0.138	1	2.8	3.0	1.224	2.1	4	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	8.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 1 2 3 4 6 7 8	g	6.8	21	1.014	3.2	12.7	6.0	4.364	9.324	7	Analytical or derived from analytical	--	03/2003
Sugars, total 2 3 4 6	g	0.30	11	0.098	0	0.55	3.0	-0.013	0.61	4	Analytical or derived from analytical	--	03/2003

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Sucrose 3 4 6	g	0.06	9	0.043	0	0.15	2.0	-0.108	0.262	3	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) 3 4 6	g	0.08	9	0.035	0.06	0.24	2.0	-0.049	0.253	3	Analytical or derived from analytical	--	08/2010
Fructose 3 4 6	g	0.08	9	0.019	0.07	0.15	2.0	0.031	0.193	3	Analytical or derived from analytical	--	08/2010
Lactose 3 4 6	g	0.00	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Maltose 3 4 6	g	0.00	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	07/2008
Galactose 3 4	g	0.08	8	0.014	0	0.3	3.0	0.065	0.155	2	Analytical or derived from analytical	--	08/2010
Starch 3 4	g	0.11	4	0.000	0.05	0.17	--	--	--	2	Analytical or derived from analytical	--	03/2003
Minerals													
Calcium, Ca 1 2 3 4	mg	13	24	0.662	8	19	3.0	10.526	14.741	4	Analytical or derived from analytical	--	03/2003
Iron, Fe 1 2 3 4	mg	0.61	24	0.122	0.29	1.06	3.0	0.22	0.998	4	Analytical or derived from analytical	--	03/2003
Magnesium, Mg 1 3 4	mg	29	12	1.702	19	34	2.0	22.008	36.658	3	Analytical or derived from analytical	--	03/2003

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Phosphorus, P 1 3 4	mg	54	12	1.886	41	70	2.0	46.352	62.581	3	Analytical or derived from analytical	--	03/2003
Potassium, K 1 2 3 4	mg	507	24	34.404	356	691	3.0	397.551	616.532	4	Analytical or derived from analytical	--	03/2003
Sodium, Na 1 2 3	mg	8	18	1.360	2	17	2.0	1.721	13.421	3	Analytical or derived from analytical	--	03/2003
Zinc, Zn 1 3 4	mg	0.68	12	0.034	0.49	0.83	2.0	0.532	0.822	3	Analytical or derived from analytical	--	03/2003
Copper, Cu 1 3 4	mg	0.170	12	0.044	0.09	0.38	2.0	-0.02	0.361	3	Analytical or derived from analytical	--	03/2003
Manganese, Mn 1 3 4	mg	0.149	12	0.007	0.11	0.19	2.0	0.118	0.181	3	Analytical or derived from analytical	--	03/2003
Selenium, Se 3 4	µg	0.4	5	0.068	0.2	0.6	3.0	0.164	0.6	2	Analytical or derived from analytical	--	03/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	8.8	16	0.588	6.3	13.9	1.0	1.348	16.277	2	Analytical or derived from analytical	--	03/2003
Thiamin 1 3 4	mg	0.075	12	0.003	0.05	0.1	2.0	0.062	0.087	3	Analytical or derived from analytical	--	03/2003
Riboflavin 1 3 4	mg	0.143	12	0.010	0.12	0.18	2.0	0.1	0.185	3	Analytical or derived from analytical	--	03/2003

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Niacin 1 3 4	mg	1.912	12	0.094	1.46	2.51	2.0	1.508	2.316	3	Analytical or derived from analytical	--	03/2003
Pantothenic acid 1 3 4	mg	1.463	12	0.350	0.93	2.71	2.0	-0.044	2.971	3	Analytical or derived from analytical	--	03/2003
Vitamin B-6 1 3 4	mg	0.287	11	0.054	0.2	0.45	2.0	0.055	0.518	3	Analytical or derived from analytical	--	03/2003
Folate, total 1 2 3	μg	89	20	12.026	71	155	2.0	36.941	140.432	3	Analytical or derived from analytical	--	05/2004
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	89	20	12.026	71	155	2.0	36.941	140.432	3	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	89	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 3 4	mg	14.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 3 4	mg	0.7	2	--	0.6	0.7	--	--	--	2	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE 3 4 9	μg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2 3 4 9	µg	63	29	8.971	32	140	4.0	38.142	87.958	5	Analytical or derived from analytical	--	03/2003
Carotene, alpha 1 2 3 4 9	µg	24	27	13.419	0	100	4.0	-13.657	60.857	5	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta 2 3 4 9	µg	27	25	19.444	0	120	3.0	-35.074	88.685	4	Analytical or derived from analytical	--	03/2003
Vitamin A, IU 1 2 4 9	IU	147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene 3 4	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin 2 3 4	µg	271	16	16.660	170	379	2.0	199.355	342.719	3	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol) 1 2 3 4 5	mg	1.97	22	0.249	0.66	3.28	4.0	1.281	2.665	5	Analytical or derived from analytical	--	03/2003
Tocopherol, beta 3 4 5	mg	0.04	9	0.010	0.02	0.06	2.0	-0.005	0.085	3	Analytical or derived from analytical	--	03/2003
Tocopherol, gamma 2 3 4 5	mg	0.32	18	0.133	0.09	0.75	3.0	-0.105	0.743	4	Analytical or derived from analytical	--	03/2003
Tocopherol, delta 3 4 5	mg	0.02	9	0.005	0.01	0.03	2.0	--	0.041	3	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{3 4}	µg	21.0	8	0.766	15.7	27	5.0	19.022	22.933	2	Analytical or derived from analytical	--	03/2003
Lipids													
Fatty acids, total saturated	g	2.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
8:0 ^{3 4}	g	0.001	7	0.001	0	0.01	2.0	-0.003	0.006	2	Analytical or derived from analytical	--	03/2003
10:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
12:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
14:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
15:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:0 ^{3 4}	g	2.075	8	0.104	1.73	2.54	6.0	1.82	2.33	2	Analytical or derived from analytical	--	03/2003
17:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 ^{3 4}	g	0.049	8	0.005	0.01	0.08	5.0	0.037	0.062	2	Analytical or derived from analytical	--	03/2003
20:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
22:0 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
24:0 ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total monounsaturated	g	9.799	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
15:1 ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
16:1 undifferentiated ^{3 4}	g	0.698	8	0.039	0.5	0.88	5.0	0.6	0.797	2	Analytical or derived from analytical	--	03/2003
17:1 ^{3 4}	g	0.010	8	0.001	0	0.02	3.0	0.005	0.015	2	Analytical or derived from analytical	--	03/2003
18:1 undifferentiated ^{3 4}	g	9.066	8	0.474	7.44	10.89	6.0	7.901	10.23	2	Analytical or derived from analytical	--	03/2003

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20:1 ^{3 4}	g	0.025	8	0.002	0.02	0.03	6.0	0.021	0.029	2	Analytical or derived from analytical	--	03/2003
22:1 undifferentiated ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total polyunsaturated	g	1.816	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated ^{3 4}	g	1.674	8	0.063	1.44	1.97	4.0	1.49	1.859	2	Analytical or derived from analytical	--	03/2003
18:3 undifferentiated	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) ³	g	0.111	4	0.007	0.1	0.13	3.0	0.089	0.132	1	Analytical or derived from analytical	--	03/2003
18:3 n-6 c,c,c ³	g	0.015	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2003
18:4 ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
20:2 n-6 c,c ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:3 undifferentiated ^{3 4}	g	0.016	8	0.002	0	0.04	3.0	0.009	0.024	2	Analytical or derived from analytical	--	03/2003

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20:4 undifferentiated ^{3 4}	g	0.000	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	03/2003
20:5 n-3 (EPA) ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
22:5 n-3 (DPA) ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
22:6 n-3 (DHA) ⁴	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2003
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Stigmasterol ¹⁰	mg	2	6	0.000	2	2	5.0	1.5	1.5	1	Analytical or derived from analytical	--	03/2003
Campesterol ¹⁰	mg	5	6	0.196	5	6	5.0	4.614	5.62	1	Analytical or derived from analytical	--	03/2003
Beta-sitosterol ¹⁰	mg	76	6	5.583	62	98	5.0	62.048	90.752	1	Analytical or derived from analytical	--	03/2003
Amino Acids													
Tryptophan ^{3 4}	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Threonine ^{3 4}	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

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Isoleucine ^{3 4}	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Leucine ^{3 4}	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lysine ^{3 4}	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Methionine ^{3 4}	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Cystine ^{3 4}	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Phenylalanine ³	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine ^{3 4}	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Valine ^{3 4}	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Arginine ^{3 4}	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Histidine ^{3 4}	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

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Alanine ^{3 4}	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Aspartic acid ^{3 4}	g	0.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Glutamic acid ^{3 4}	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Glycine ^{3 4}	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Proline ^{3 4}	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Serine ^{3 4}	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Avocado, 1989

²California Avocado Commission California Avocado Commission data for avocados 1993-2001, 1993

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5g, 2001 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD

⁷Nutrient Data Laboratory, ARS, USDA Total dietary fiber in 104 foods, 1992 Beltsville MD

⁸National Cancer Institute (NCI), DHHS Total dietary fiber content of selected foods, 1992

⁹University of Maine Determination of alpha- and beta-carotene in fruit and vegetables by HPLC, 1982

¹⁰K.C. Duester Avocado fruit is a rich source of beta-sitosterol, 2001 Journal of the American Dietetic Association 101 4 pp.404-404